

## Emergency Procedures involving Injuries

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### POLICY STATEMENT

\_\_\_\_\_ will use the procedures that re outlined in the American Red Cross First Aid/CPR book for injuries that may result from accidents at the Day Program or ISL's. An American Red Cross First Aid/CPR book is located in the Safety books at each home and at the center.

### PROCEDURE

**1. Check-**Before you can help the victim; you must make sure the scene is safe for you and any bystanders.

**2. Call-**If you're the only one there, shouts for help. If no help arrives, Call First, that is call 9-1-1 of the local emergency number before providing care for the following:

- An unconscious adult or child 8 years or older
- An unconscious infant or child known to be at high risks for heart problems

### When to call Emergency Medical Services-911

If the victim is unconscious, have someone else call 9-1-1 of the local emergency number immediately while you provide care. Use Call First and Call Fast to help you remember when to make the call in a situation where you are the only responder.

Sometimes a conscious victim will tell you not to call an ambulance and you may not be sure what to do. Call 9-1-1 of the local emergency number if the victim:

- Is or becomes unconscious
- Has trouble breathing or is breathing in a strange way
- Has chest discomfort, pain or pressure that persists for more than 3-5 minutes or that goes away and comes back
- Is bleeding severely
- Has pressure or pain in the abdomen that does not go away
- Is vomiting or passing blood
- Has a seizure that lasts more than 5 minutes or multiple seizures
- Has a seizure and is pregnant
- Has a seizure and is diabetic
- Has a severe headache or slurred speech
- Appears to have been poisoned
- Has injuries to head, neck or back
- Has possible broken bones

## **Also call Emergency Medical Services for:**

- Fire or explosion
- Downed electrical wires
- Swiftly moving or rapidly rising water
- Presence of poisonous gas
- Vehicle collisions
- Victims who cannot be moved easily

**3. Care-**Once you have checked the scene and the victim, you may need to provide care. To do this, you can follow some general steps. Always care for life-threatening emergencies before those that are not life-threatening.

After you have finished checking the victim and giving care, you might decide to take the victim to the hospital or doctor yourself. Be very careful about making this decision. Do not transport a victim with a life-threatening condition or one that could become life-threatening.

## **Treating Cuts, Scrapes, Bruises**

When an injury breaks the skin, the best initial defense against infection is to clean the area. For minor wounds, wash the area with soap and water. You do not need to wash the wounds that require medical attention because they involve more extensive tissue damage or bleeding.

Open wounds need some type of covering to help control bleeding and prevent infection. First Aid Kits, with the necessary bandages, gauze and basic first aid items, are available at each home, van and center.

It can be difficult to judge when a wound should receive stitches from a doctor. One rule of thumb is that stitches are needed when edges of skin do not fall together or when any wound is over an inch long.

The following major injuries often require stitches:

- Bleeding from an artery or uncontrolled bleeding
- Wounds that show muscle or bone, involve joints, gape widely or involve hands or feet
- Large or deeply embedded objects
- Human or animal bites
- Wounds that, if left untreated, could leave conspicuous scars such as those on the face

If you are caring for a wound and think it may need stitches, it probably does.

Once applied, stitches are easily cared for by dabbing them with hydrogen peroxide once or twice daily.

Scrapes, caused by skin that has been rubbed or scraped away, are the most common type of wound. Dirt and other matter can easily become ground into the wound, making it especially important to clean it.

Bruises are caused by damage to soft tissues and blood vessels that cause bleeding under the skin. Tissues discolor and swell. At first, the area may only appear red. Over time, it may turn dark red or purple. A large or painful bruise may be a signal of severe damage to deep tissues. Most closed wounds, such as bruises, do not need special medical care. You can rest and immobilize the area to cut down bleeding under the skin. Applying cold can help control pain and swelling. Always put a thin layer of cloth between the source of the cold and the victim's skin. Raising the injured part helps reduce swelling.

Remember to always wear protective equipment and gloves to safeguard you and the person you are caring for.

Along with these precautions that are outlined in the Red Cross First Aid/CPR Book, \_\_\_\_\_ will continue to make the appropriate calls and fill out an Incident Report using the guidelines form the Rolla Regional Center placed in the \_\_\_\_\_ policies.

The call list will include:

1. Director
2. QMRP's
3. Service Coordinator
4. Parent, Guardian, Caregiver
5. Physician of consumer

Reference use: American Red Cross Community First Aid and Safety Book Copyright 2002.

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[Home](#)